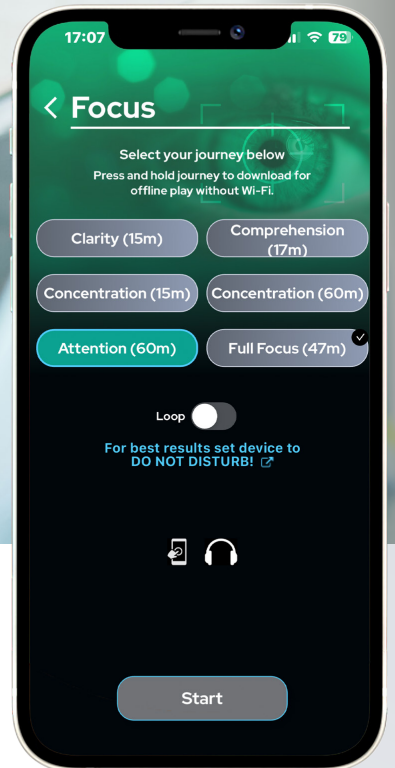


NuCalm®

HOW TO USE



Clarity: 15min
Comprehension: 17min
Concentration: 15min
Concentration: 60min
Full Focus: 47min
Attention: 60min



Focus (BETA 15Hz – 20Hz)



Focus is an essential technology for getting more done in less time. Our minds are often distracted with worry, uncertainty, anxiety, to-do lists, or feelings of overwhelm. Focus puts you back in control so you can enjoy a quiet, decluttered mind. Focus significantly increases your mental clarity, analytical thinking, comprehension, energy, and inspiration.

How to Use Focus

The Focus tracks are simple to use. Select any Focus track on the NuCalm mobile app, put on your favorite headphones, and enjoy your mental productivity with a quiet, decluttered mind. Focus can be looped and played for as long as you want clarity, comprehension, and concentration, but we recommend taking a 'thinking break' after 60 minutes of continuous use.

When to Use Focus

Focus can be used anytime you are awake. People use Focus while working, catching up on emails, thinking, walking, reading, doing house chores, or anytime you want to feel focused and get more done in less time.

What Focus Feels like

Listening to the beautifully composed music and sound design, you will quickly begin to focus as the NuCalm underlying physics narrows your focus and attention. You will lose sense of time as your focus increases and your thinking becomes more intentional.